



**GIRONA 2025**  
**WORLD MASTERS**  
**ORIENTEERING CHAMPIONSHIPS**  
**8th - 15th AUGUST**



**BULLETIN 1**





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## 1. INTRODUCTION

**Girona city and the Costa Brava**, located in Catalonia on the Mediterranean coast, will hold a foot orienteering world event for the first time in 2025.

It is a privileged environment because of its natural beauty, one that is ideal both for practising sport and enjoying sunny beachside vacations, but also for walking the coastal paths, discovering mediaeval cities and villages, tasting the diverse gastronomy of the Mediterranean diet, or discovering the remains of ancient Greek and Roman civilisations.

Girona is located 100 kilometres north of Barcelona in the Iberian Peninsula, near the Pyrenees and France. It is well connected to Europe via road,

but also to the rest of the globe via Girona's and Barcelona's airports, as well as high-speed trains. Girona and the Costa Brava are popular sporting destinations, as evidenced by the large number of large-scale events that take place here each year.

For this WMOC we have sprints in towns that have been built over centuries and forest races on the coastline, as well as an extensive training and competition programme for all levels. There is even an academic side, with the staging of the congress "Technique and Practice of Orienteering Sports".

We will do our best to make your stay in our country enjoyable and rich with sporting memories from a land with a long history of welcoming travellers.

**WELCOME!**



Tossa de Mar. Hecktic Travels. Arxiu-Imatges PTCBG\_G.



Besalú. Arxiu-Imatges PTCBG\_G.



Calella de Palafrugell. Francesc Tur. Arxiu Imatges PTCBG\_G



## 2. GREETINGS



**Lluç Salellas**  
Mayor of the City of Girona

The celebration of the World Masters Orienteering Championships (WMOC25) in Girona is an honour for the city and the entire region. After the 2024 edition in Turku, Finland, our city will host this event for the 2025 edition.

Girona is located in a privileged natural and geographic environment with good territorial connection. Forest races in Pals and Torroella, training maps in l'Escala as well as urban sprint races in Besalú and Girona and the training map in Banyoles, will allow athletes to get to know some of the most beautiful and characteristic spots of our surroundings and the whole of Catalonia.

To this intent, our social and institutional framework has thrown itself into this initiative which will gather thousands of athletes from different countries, and holds an undeniable public interest, in aspects such as the promotion of physical activity and healthy habits in different stages of life, as well as the support for integrated sports practice throughout the territory.

So, thank you to everyone who has made WMOC 25 possible: we look forward to seeing you in Girona during August 2025!



**Miquel Noguer i Planas**  
President of the Girona Diputació provincial council

The province of Girona is a top-rated worldwide sports destination. Organisational capacity, the quality of infrastructure and a solid grass-roots network have turned it into an ideal framework for hosting international events in all kinds of disciplines.

In August 2025, we will take on an unprecedented, new challenge: organising the World Masters Orienteering Championships. We view it as a fantastic chance to learn about a transversal, age-neutral sport that upholds principles of respect and nature while also reinforcing our province's international visibility. This championship will visit six municipalities across five distinct districts, including Banyoles, Besalú, Girona, l'Escala, Pals, and Torroella de Montgrí.

Girona's council has always given support to events like this one, which help to foster sports practice while also revitalising the territory, thanks to the large number of people who will be attracted, both athletes and spectators, and the economic impact that will imply.

I'm grateful to the Catalan Orienteering Federation (FCOC) and its president, Josep Maria Santiago, for their perseverance in organising this event. I am confident that with everyone's help (federations, clubs, and institutions), this edition of the World Championships will be a success.



**Anna Caula i Paretas**  
General Secretary for Sports and Physical Activity  
Generalitat de Catalunya

I'm delighted to address the participants of the World Masters Orienteering Championships 2025, an event of great impact that Catalonia will host for the first time, proving once again, the organisational capacity and sports DNA that our country has.

Girona and its neighbouring cities will become the world epicentre for orienteering races for a week, with more than 4,000 over 35 year-old participants from various nations. Athletes that will help promote a growing sport that can be practised throughout one's entire life.

The competition organising federation, Federació de Curses d'Orientació de Catalunya (FCOC), is supported by the Catalan government, Esportcat-Generalitat de Catalunya, for the World Championship's contribution to the promotion of inclusive and healthful physical activity, the creation of role models, and the regional economic and touristic incentives.

The fact that the gender ratio of participants will be close to 50%-50% between male and female athletes represents a golden opportunity to call for equal opportunities and gender equality in sports, one of the government's priority goals in sports policy. It will be a testament of how both the field and society are moving forward as women take on the protagonism they deserve in many areas.

I'd like to congratulate the FCOC for their efforts, and the collaboration of the Catalan clubs, in making this World Championship a reality, with the hope that it will support the expansion of orienteering races in Catalonia. I also wish everyone the best of luck and hope they have an enjoyable sporting and personal experience in our lands.

The Generalitat will continue supporting activities like this World Championships, as it helps us to reinforce sports as a leading field in the contribution to Catalonia's rich, respected, well-structured and prosperous country. Where more sport means more education, more health, more cohesion, more inclusion, ... without a doubt, more country.



**Josep M. Santiago**  
President of the FCOC, Catalan orienteering federation

Orienteering arrived in Catalonia in 1988, just 36 years ago. We are a small and growing community, but we have taken up the challenge of organising a WMOC with a double intention. On the one hand, to promote this wonderful sport in our country, where it is still in the minority; on the other hand, to show the potential of our terrain to orienteers from all over the world. Share our natural surroundings and mediaeval towns, both idyllic for orienteering practice. Share our culture and traditions, our gastronomy, our climate, ideal to enjoy during holidays, training or competitions. And demonstrate the organisational and hosting capacity of our society, forged over years of large-scale events and being a world-renowned tourist destination.

Our desire is to learn from this organisational experience and its participants from all over the world, and take advantage of it to improve our standing in all respects. We hope we are up to scratch, and that everyone can enjoy this World Masters to the fullest. We are looking forward to this event being just the first encounter of many where our paths will cross. We are waiting for you in Girona!

### CREDITS

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Dron's photos : Ed Berdié



### 3. ORGANISERS

Federació de Curses d'Orientació de Catalunya (FCOC)  
Federación Española de Orientación (FEDO)

### 4. CONTACT

info@wmoc2025.cat

### 5. CONTROLLERS

IOF Senior Event Advisers  
**Janos Manarin - Simone Grassi**  
National Controller  
**Lourdes Cano**  
Director WMOC25  
**Josep M. Santiago**

### 6. VOLUNTEERS

The FCOC has opted for a mixed professional and volunteer team for this world event organisation. When it comes to orienteering, there is a significant organisational base of catalan events with a high technical quality and participation.

Volunteering is a long-time tradition in Catalonia, with its greatest honour occurring during the 1992 Olympic Games, held in Barcelona, which exceeded 50.000 volunteers.

### 7. INFORMATION AND MEDIA

🏠 [www.wmoc2025.cat](http://www.wmoc2025.cat)  
📷 @wmoc2025  
📘 <http://www.facebook.com/wmoc2025>  
✂ @wmoc2025  
Media contact:  
[media.wmoc2025@orientacio.cat](mailto:media.wmoc2025@orientacio.cat)

### 8. PIONEERS

When discussing the beginnings of orienteering in Catalonia, we must mention Carles Lladó, born in Igualada, 1931. Lladó's life has been closely intertwined with sports as an architect and urbanist. He discovered and introduced orienteering to Catalonia 36 years ago, in 1988, with the establishment of the first club, Club d'Orientació de Catalunya (COC) and the federation, Federació de Curses d'Orientació de Catalunya (FCOC), the first regional orienteering federation in Spain. He was the driving force behind the development of orienteering in our country, mapping dozens of kilometres of terrain so that everyone could participate, organising, coordinating, and promoting all sorts of training and competitive activities, and always alongside his wife, Teresa Gri.

We have seen both Lladó and Gri on international podiums receiving WMOC medals numerous times. Lladó achieved silver in Germany 2012, bronze in Estonia 2016 and silver in Hungary 2021 while Gri achieved two silver medals in Hungary 2021. Through orienteering they have travelled worldwide and participated in 20 WMOC editions.



### 9. GIRONA AND THE COSTA BRAVA

Girona. Jordi Renart. Arxiu Imatges PTCBG, G

Currently Girona is a modern city of 100,000 inhabitants with a huge economic dynamism derived, to a large extent, from the service sector and tourism. Active and attractive businesses and shops, diverse and intense cultural life, sports and leisure and an extraordinary gastronomic offer define a cosmopolitan Girona city, but also very close and connected to a privileged natural environment and to the Mediterranean sea, only 30 minutes away.

Girona's origin is a pre-roman settlement, built on the hillside overlooking the Onyar river. Its streets will take you into past eras, and are testament to the different civilisations that have passed under foot. The Old Town is a well conserved historical centre, with emblematic elements like the Carolingian city wall, the jewish quarter, the arabian baths or the gothic cathedral with its impressive entry stairway. And, hanging over the river, the colourful houses that have become the emblematic city image. This year, the British magazine Monocle placed it as the 14th best small city in the world to live in. One noteworthy and distinctive detail is that some Game of Thrones scenes were shot there.

The Costa Brava is Girona's provincial coast, stretching about 200 kilometres. It runs from Blanes to Portbou, near the French border. It is a privileged coastline, with small bays and cliffs of great beauty where the essence of fishing communities, with their white buildings contrasting with the blue of the sea, remains in places like Calella de Palafrugell, Cadaqués, and Port de la Selva. Hundreds of sandy beaches and rocky coves provide the ideal setting for sun, sea, and nautical sports. The Costa Brava includes four natural parks: Cap de Creus, Aiguamolls de l'Empordà, Montgrí-Illes Medes, and Baix Ter. And just 40 kilometres inland there is another one, quite distinct and of volcanic origin in Garrotxa. A combination of 40 volcanic cones and 20 lava flows, the best on the Iberian peninsula.







Close to Girona a lot more tourist attractions are found such as the natural lake of Banyoles, the biggest in Catalonia with a riverbank length of 9 km, or the “camins de ronda” coastal paths that offer multiple options for hiking beside the sea.

The stunning mediaeval cities of Besalú, Pals, Peratallada, and Tossa de Mar, as well as the Greek-Roman ruins of Empúries, are highly recommended for learning about the history of this land, strategically positioned for travels across Europe.

And of course it would be impossible to leave out from this cultural context the surrealist artist Salvador Dalí, whose museum is in Figueres, his home in Port-Lligat and his castle in Púbol.

More information about Girona and Costa Brava:

<https://www.girona.cat/turisme/cat/index.php>  
<https://costabrava.org>



Cala Estreta. Cala den Remendon. Palamós. Daniel Punseti. Arxiu Imatges PTCBG\_G



Banyoles. Llac de banyoles. Harold Abellan. Arxiu Imatges PTCBG\_G



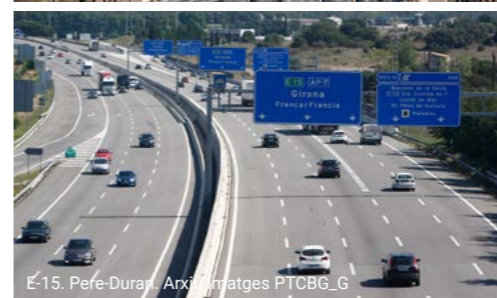
Museu Dalí. Figueres.



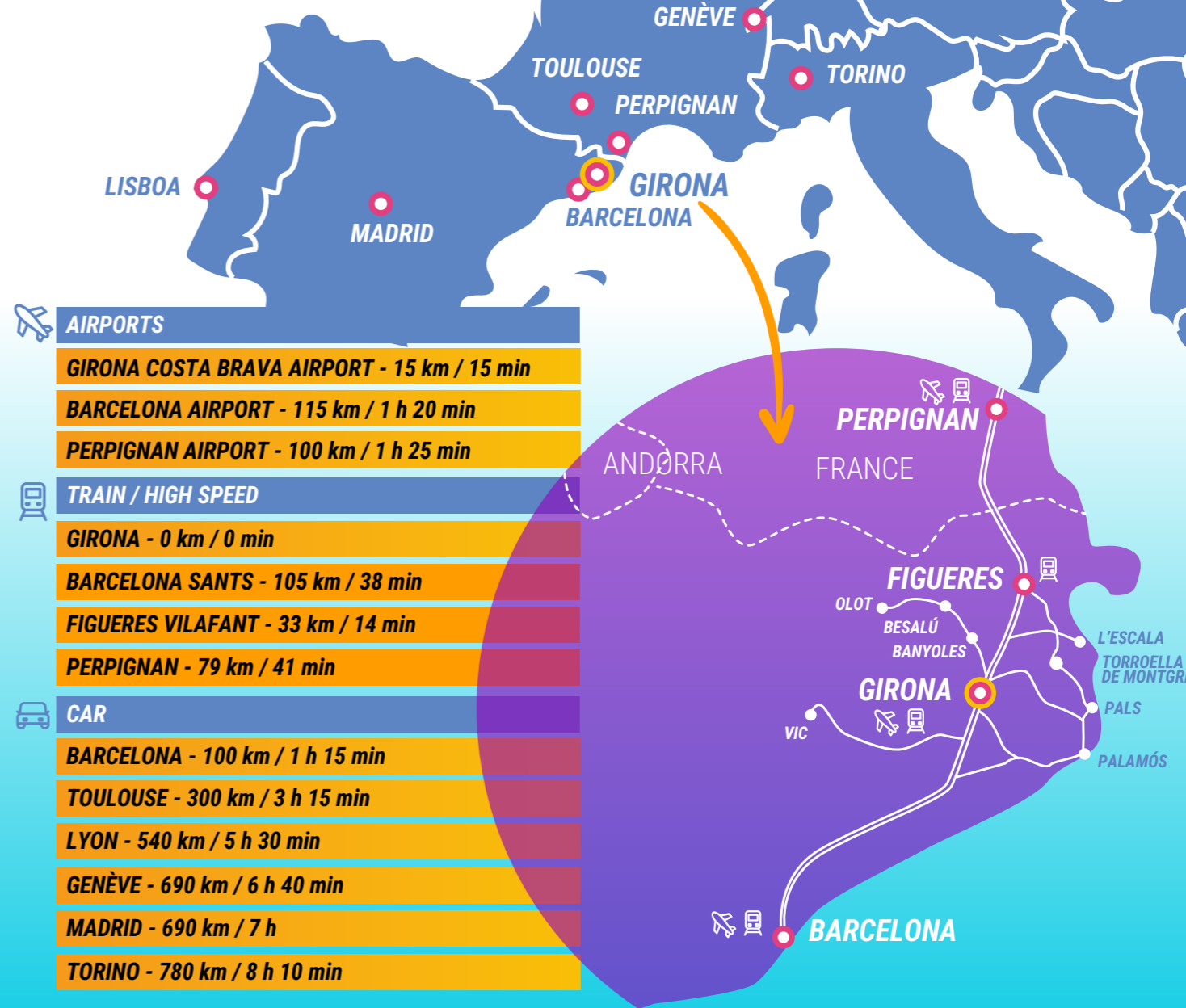
## 10. HOW TO GET HERE



Girona. Pere Durán. Arxiu Imatges PTCBG\_G



E-15. Pere Durán. Arxiu Imatges PTCBG\_G





## 11. VISA AND ENTERING THE COUNTRY

As a tourist from all EU countries, Switzerland, Norway, Iceland, and Liechtenstein, citizens only need a valid passport or national identity document to enter Spain.

For any other origin or doubt, it is recommended to visit the link:

<https://www.interior.gob.es/opencms/es/servicios-al-ciudadano/tramites-y-gestiones/extranjeria/control-de-fronteras/entrada-en-espana/>

## 12. CURRENCY

Official currency is Euro. Use of credit and debit cards is habitual (Visa, Mastercard, American Express, ...) although very occasionally some small establishments may only accept cash. Changing currency shouldn't be a problem, as it is possible in almost all bank offices.

## 13. CLIMATE

Girona-Costa Brava is a mediterranean-climate zone where temperatures are cool during winter and warm during summer. July and August tend to be the hotter months, and, although rains are not common, downpours might occasionally happen. The temperature in August ranges from minimums of 16° at night to maximums of 35° during the day. Enjoying the beaches and nautical sports is possible over many months due to the plentiful presence of the sun (300 days per year). The water's temperature is pleasant, and during summer it has an average of 26°.

Girona . Arxiu Imatges PTCBG\_G



Palamos. Sherry Ott. Arxiu Imatges PTCBG\_G

## 14. LANGUAGE, CULTURE AND GASTRONOMY

Official languages in Catalonia are Catalan, Spanish and Aranès. Since it's a touristic area close to France, French and English are also spoken in many of the commercial establishments, restaurants and tourist places.

Since August is when most people take vacations and when more international visitors are welcomed, it's a month full of life and activity. A lot of villages celebrate their festivities with a huge number of varied activities. Various music festivals, some of them renowned internationally, are also hosted during that season.

Gastronomy is based on a Mediterranean diet, which is rich in local produce, meats, fruits and vegetables, as well as seafood. Palamos prawns, Palafrugell sea urchins, Escala anchovies, and Begur rockfish are all well-known Costa Brava seafood. When it comes to sweet things, no one should leave Girona without experiencing a "xuixo", a pastry roll filled with custard, fried and sugared like a doughnut.

Haute cuisine is heavily established in Girona's territory. 13 premises with Michelin stars can be found, one of them with 3-Michelin stars, the maximum distinction.

<https://guide.michelin.com/es/es/catalunya/girona/restaurantes>

An original denomination wine region, DO Empordà, has more than 2.000 years of history, located between the Mediterranean sea and the Pyrenees <https://www.doemporda.cat/> Also Empordà Oil <https://oliemporda.cat/> is a protected denomination (DOP) that produces high quality oils from three different native varieties and also the traditional arbequina.

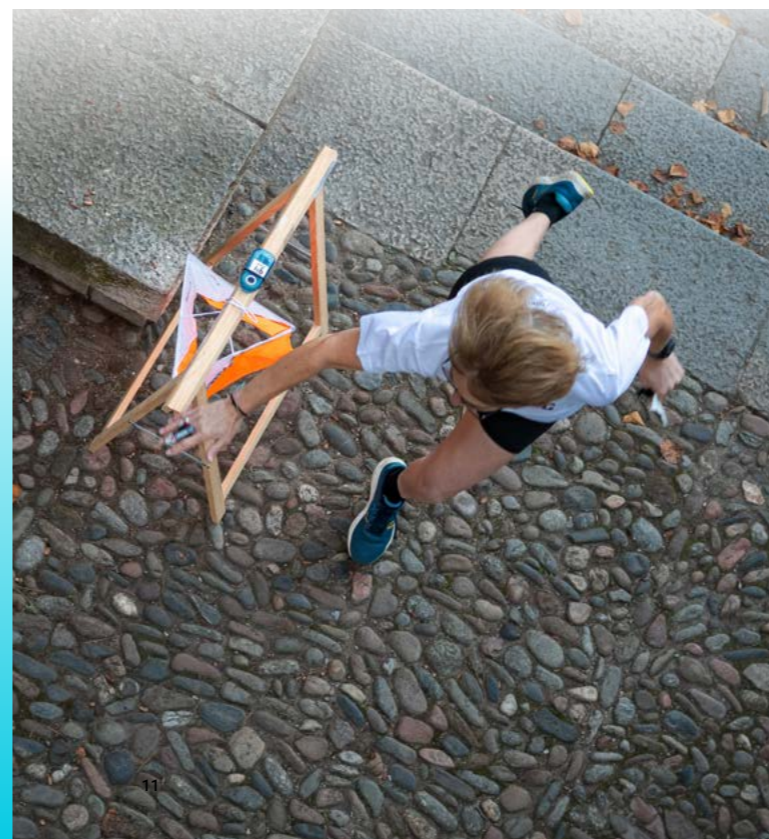


## 15. EVENT CENTRE

The main event centre will be located at the Fontajau pavillion (Pavelló Municipal Girona-Fontajau), in the city of Girona, with an extensive free-parking zone, beside a 40 hectare green area on the banks of the river Ter.

*Address: Avinguda del President Josep Tarradellas i Joan, 22, 24, 17007 Girona*

The event centre is only 10 min walk from Girona city-centre. Athletes reception and accreditation, opening ceremony and formal dinner will be held there. Also the welcome centre for athletes, will be located in that space, which will remain open during certain hours during the competition days.



## 16. ACCOMMODATION

Accommodation options in Costa Brava are wide and varied, with offers to suit all tastes: campsites, rural tourism, hotels, hostels, apartments, and so on. 8,4 million tourists visit Girona's area every year, with a particular impact in August, when it reaches maximum capacity. It has almost 200.000 visitor accommodation locations. Nonetheless, it is recommended that anyone planning to book their own lodging for themselves do so well in advance.

All detailed information about accommodation can be found at:

[www.wmoc2025/accommodation](http://www.wmoc2025/accommodation)

**Gran Travel Sweden** is the official agency for WMOC 2025. In due course, reserved hotels in Girona as well as a link to ensure all participants and spectators can find accommodation for August 2025 will be found on WMOC 2025 official website. Gran Travel Sweden, recommends not to delay the booking as high demand for hotel rooms is expected for that period. For any questions contact: [event@grantravel.se](mailto:event@grantravel.se)

**Hard floor.** Sarrià de Ter sports pavilion (C. Francesc Cambó s/n), will accommodate all athletes that prefer to sleep on the floor. It will have a cost of 6€/ person/ night.

The pavilion has bathrooms, showers and changing rooms.

Bus line 6, connects this pavilion with the event centre (3km).



## 17. TRANSPORT

**Urban races. Girona.** Races in Girona will be in the city centre. Therefore, going by foot is recommended for those lodged in the city. For cars, a carpark with 500 spots will be set up by the organisation.

Other transportation methods in Girona:

Urban Public transport timetable.  
<https://www.girona.cat/bus/cat/linies.php>

Taxi service. Taxi Girona  
<https://www.taxigirona.es/ca/>

**Forest races.** For forest races and model events, buses from Girona will be provided, in order to make collective transport easier. Carparks for private vehicles will be set up by the organisation.

Parking and bus-service reservations will be done via IOF Eventor.

## 18. MOTORHOME PARKING

Motorhome parking will be available every day. In bulletin 2 locations will be defined.

| CAR PARKING |   |
|-------------|---|
| 15€         | <b>Car parking urban races</b><br><i>Only 500 places by registering order</i> |
| 30€         | <b>Car parking forest races</b>   |
| 50€         | <b>Van and motorhome parking</b><br><i>(Urban + Forest races)</i>             |

| ALL COMPETITIONS PACK |   |
|-----------------------|---|
| BUS FROM GIRONA       |   |
| 50€                   | <b>Until 10/5/2025</b>                              |
| 60€                   | <b>Since 10/5/2025 until all places are covered</b> |

| COMPETITION PRICE |  |
|-------------------|--|
| 10€               | <b>MODEL EVENT SPRINT. BESALÚ &amp; BANYOLES</b> |
| 10€               | <b>MODEL EVENT FOREST. PALS</b>                  |
| 15€               | <b>FOREST QUALIFICATION. PALS</b>                |
| 15€               | <b>MIDDLE DISTANCE FINAL. PALS</b>               |
| 15€               | <b>LONG DISTANCE FINAL. RUPIT</b>                |

## 19. OPEN COMPETITIONS. COSTA BRAVA CUP

Costa Brava Cup is the parallel OPEN competition at WMOC25. These races will involve 4 circuits with varied difficulty levels where anyone can sign up, regardless of their age and technical level.

It is a fantastic opportunity for young athletes, people looking to get started in this sport, and athletes' companions.

Costa Brava Cup will be formed by 5 races (sprint and forest) in the same terrains as the official races, or nearby areas.

Program:

|         |  |
|---------|--|
| 09/8/25 | <b>GIRONA. Sprint. Devesa Fontajau</b> |
| 10/8/25 | <b>GIRONA. Sprint. Barri Vell</b>      |
| 12/8/25 | <b>MIDDLE DISTANCE. Pals</b>           |
| 13/8/25 | <b>MIDDLE DISTANCE. Pals</b>           |
| 15/8/25 | <b>LONG DISTANCE. Rupit</b>            |

Entries <https://www.wmoc2025.cat/public-race/>

## 20. CONGRESS "TECHNIQUE AND PRACTICE IN ORIENTEERING SPORTS"

**From 5/8/25 to 7/8/25. Girona and Banyoles.**

WMOC25 is also a meeting point and place for debate about orienteering. The conference "Technique and Practice of Orienteering Sports" creates space for reflection, with specialists in the field, covering technique and physical training as well as sports management aspects.

|   |                  |
|---|------------------|
| 5/8/25  | <b>SEMINAR 1</b> |
| <b>STAGES IN TECHNIQUE IMPROVEMENT</b>  |                  |
| 6/8/25  | <b>SEMINAR 2</b> |
| <b>ORIENTEER'S TRAINING</b>   |                  |
| 7/8/25  | <b>SEMINAR 3</b> |
| <b>MEETINGS AND DEBATES. EXPERIENCES EXCHANGE BETWEEN FEDERATIONS AND CLUBS</b> |                  |

Registration can be made for the full congress and also for specific seminars.

More information and entries at <https://www.wmoc2025.com/congress/>





## 21. O-CATALUNYA

O-Catalunya offers several orienteering-related initiatives that seek to promote our territory as a desirable destination for training and competing all year round. The intention is to give international athletes the opportunity to get to know Catalunya, its villages and its forest through the sport of orienteering.



### 21.1 O-CATALUNYA TRAINING CAMP

This training camp provides maps, routes, and scheduled trainings throughout all Catalonia for anyone who wishes to come and enjoy orienteering throughout 365 days a year. Orienteering athletes will find forest maps suitable for the winter season, as well as a wide range of sprint maps, in old historic towns of large cities and small mediaeval villages, that will maximise the technical aspects of these fast disciplines.

More information at  
[www.orientacio.cat/O-Catalunya/Training-Camp](http://www.orientacio.cat/O-Catalunya/Training-Camp)

### 21.2. CATALUNYA - O MEETING

**BERGUEDA. 19TH - 22ND SEPTEMBER 2024**

Event scoring for the Spanish League of foot orienteering 2024 and also for the Catalan Cup 2024.

Consisting of 3 races (middle, sprint and long) and training sessions during the week previous to the event on maps close to the Pyrenees.

More information at  
[www.orientacio.cat/O-Catalunya/Competicio](http://www.orientacio.cat/O-Catalunya/Competicio)  
[www.fedo.org](http://www.fedo.org)

### 21.3. CATALAN SPORTS WEEK

**TARRAGONA. 6TH - 12TH MAY 2024**

Catalan Sports Week is an international competition that brings together worldwide elite athletes for preparation for the upcoming Sprint World Cups and World Sprint Championships. 2022 and 2023 editions were held in different municipalities of Empordà and Berguedà regions. The following edition is planned to be held in Tarragona from 6th to 12th May. More information at:

[www.orientacio.cat/O-Catalunya/Setmana-catalana-esport](http://www.orientacio.cat/O-Catalunya/Setmana-catalana-esport)





## 22. OFFICIAL PROGRAMME

|   |   |
|---|---|
| <b>THURSDAY 7th AUGUST / 10.00 - 20.00 h.</b> | <b>GIRONA</b> PAVELLÓ MUNICIPAL DE GIRONA-FONTAJAU<br>Accreditations at Arena<br>Bib, runners bag and model event maps pick-up    |
| <b>FRIDAY 8th AUGUST / 10.00 - 20.00 h.</b>   | <b>GIRONA</b> PAVELLÓ MUNICIPAL DE GIRONA-FONTAJAU<br>Accreditations at Arena<br><b>BANYOLES &amp; BESALÚ</b><br>Model Event      |
| <b>SATURDAY 9th AUGUST</b>                    | <b>GIRONA</b><br>Morning. Sprint qualification<br><b>GIRONA</b> PAVELLÓ MUNICIPAL DE GIRONA-FONTAJAU<br>18.00 h. Opening ceremony |
| <b>SUNDAY 10th AUGUST</b>                     | <b>GIRONA</b><br>Morning. Sprint final<br><b>GIRONA</b> PAVELLÓ MUNICIPAL DE GIRONA-FONTAJAU<br>19.00 h. Gala dinner              |
| <b>MONDAY 11th AUGUST / MORNING-AFTERNOON</b> | <b>PALS</b><br>Forest model event<br><b>RUÏNES D'EMPÚRIES</b> MUSEU D'ARQUEOLOGIA DE CATALUNYA<br>Complementary training map      |
| <b>TUESDAY 12th AUGUST / MORNING</b>          | <b>PALS</b><br>Forest qualification   |
| <b>WEDNESDAY 13th AUGUST / MORNING</b>        | <b>PALS</b><br>Middle distance final  |
| <b>THURSDAY 14th AUGUST</b>                   | <b>TBD</b><br>Forest model event  |
| <b>FRIDAY 15th AUGUST / MORNING</b>           | <b>RUPIT</b><br>Long distance final   |

## 23. LOCATIONS AND DISTANCES

|                          |                |
|--------------------------|----------------|
| <b>GIRONA - BESALÚ</b>   | 31 km. 30 min. |
| <b>GIRONA - BANYOLES</b> | 18 km. 20 min. |
| <b>BANYOLES - BESALÚ</b> | 13 km. 15 min. |
| <b>GIRONA - RUPIT</b>    | 68 km. 75 min. |
| <b>GIRONA - PALS</b>     | 40 km. 45 min. |



## 24. CLASSES AND WINNING TIMES

| CLASS | WINNING TIMES IN MINUTES |       |    |
|-------|--------------------------|-------|----|
|       | FQ                       | MF    | LF |
| W35   | 50                       | 30-35 | 70 |
| W40   | 50                       | 30-35 | 65 |
| W45   | 45                       | 25-30 | 60 |
| W50   | 45                       | 25-30 | 55 |
| W55   | 40                       | 25-30 | 50 |
| W60   | 40                       | 25-30 | 50 |
| W65   | 40                       | 25-30 | 50 |
| W70   | 40                       | 25-30 | 50 |
| W75   | 40                       | 25-30 | 50 |
| W80   | 40                       | 25-30 | 50 |
| W85   | 40                       | 25-30 | 50 |
| W90   | 40                       | 25-30 | 50 |
| W95   | 40                       | 25-30 | 50 |
| W100  | 40                       | 25-30 | 50 |

| CLASS | WINNING TIMES IN MINUTES |       |    |
|-------|--------------------------|-------|----|
|       | FQ                       | MF    | LF |
| M35   | 50                       | 30-35 | 70 |
| M40   | 50                       | 30-35 | 65 |
| M45   | 45                       | 25-30 | 60 |
| M50   | 45                       | 25-30 | 55 |
| M55   | 40                       | 25-30 | 50 |
| M60   | 40                       | 25-30 | 50 |
| M65   | 40                       | 25-30 | 50 |
| M70   | 40                       | 25-30 | 50 |
| M75   | 40                       | 25-30 | 50 |
| M80   | 40                       | 25-30 | 50 |
| M85   | 40                       | 25-30 | 50 |
| M90   | 40                       | 25-30 | 50 |
| M95   | 40                       | 25-30 | 50 |
| M100  | 40                       | 25-30 | 50 |

### SQ, SF Sprint races

For all classes of sprint races (SQ, SF), the winning time is 12-15 minutes

SQ Sprint Qualification  
SF Sprint Final  
FQ Forest Qualification  
MF Middle Final  
LF Long Final



## 25. PRIZES

The top 3 athletes in A-finals from all classes will be awarded with medals.

## 26. MODEL EVENTS

Two sprint training maps in Banyoles and Besalú and one forest training map in L'Escala will be available.

A complementary training map will be available in the ruins of Empúries Archeological Museum of Catalunya, an outstanding Greco-Roman archaeological ensemble.

## 27. SPRINT

### QUALIFICATION

Sprint qualification will be held in Girona city centre Old Town, the Barri Vell. It combines narrow stone-paved streets with wide squares flanked by arches. This zone preserves a large stretch of the Carolingian-origin city walls that have various access portals. All athletes will have to cross it during the race. The Onyar river, with its multiple bridges, will be another component that will influence route choices.

**Scale: 1:4.000 and/or 1:3.000**

**Relief contours: 2,5m**

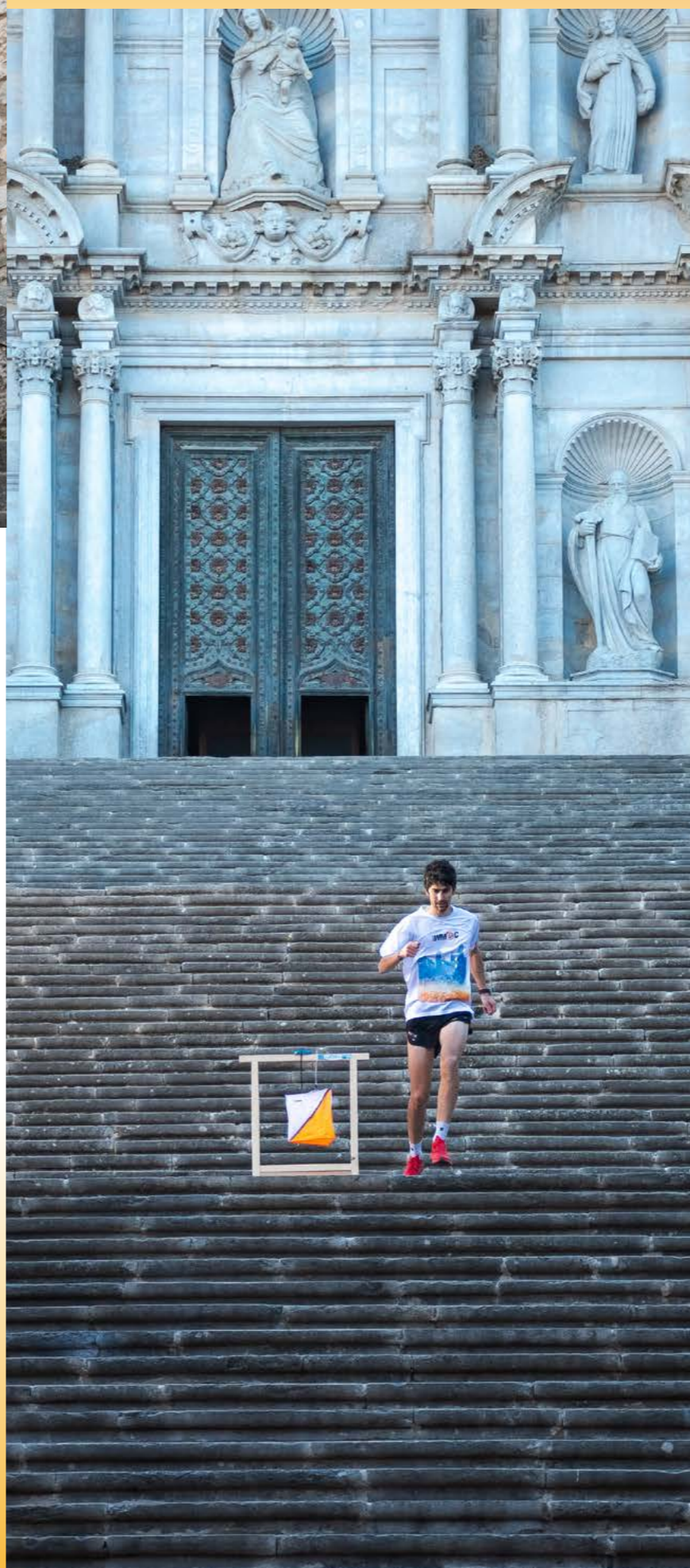


### FINAL

The Barri Vell in Girona will also host the sprint final, where climb and stairs will count more than in the qualification, raising the bar for all classes in terms of both technical and physical demands. Using the bridges that straddle the Onyar River and passing through the city's most iconic locations, the races will also feature narrow streets, covered walkways, gardens and ramparts.

**Scale: 1:4.000 and/or 1:3.000**

**Relief contours: 2,5m**

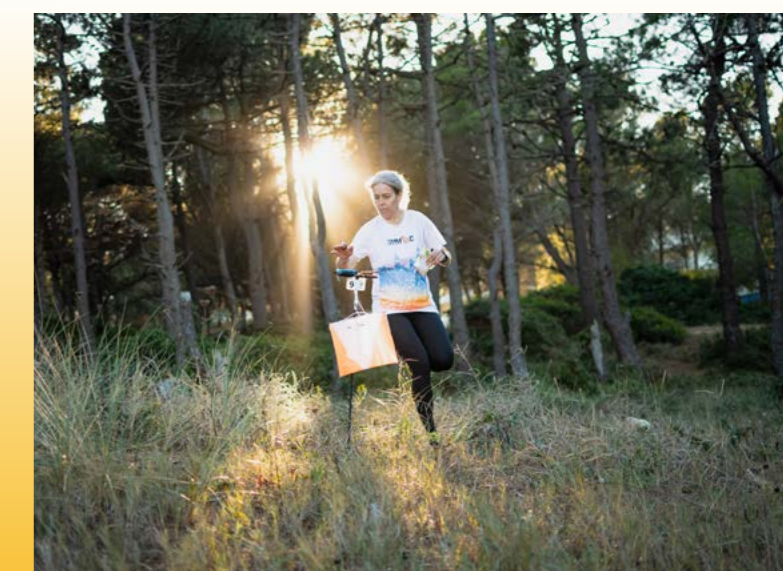


## 28. FOREST QUALIFICATION

Forest qualification will be held in the Pals-Begur map, a terrain with abundant contour detail and different vegetation densities. This mediterranean pine tree forest also offers, in certain areas, a microrelief that will push the athletes' technical abilities. The running speed could be high, considering that it is a clear and mostly easily passable white forest.

**Scale 1:10.000 and/or 1:7.500**

**Relief contours: 5m**







### 29. MIDDLE DISTANCE FINAL

Middle distance final will take place on the same map as the day before (Pals-Begur), but in the areas where slopes and vegetation offer more possibilities in route choices. The vast path network will lose significance in this race for two reasons: the sandy ground slows down the pace and, moreover, the forest is mostly white, easily passable, which means that route choices together with the right vegetation interpretation will be what will provide fluency in the pace and will be the main ally to achieve success in this competition.

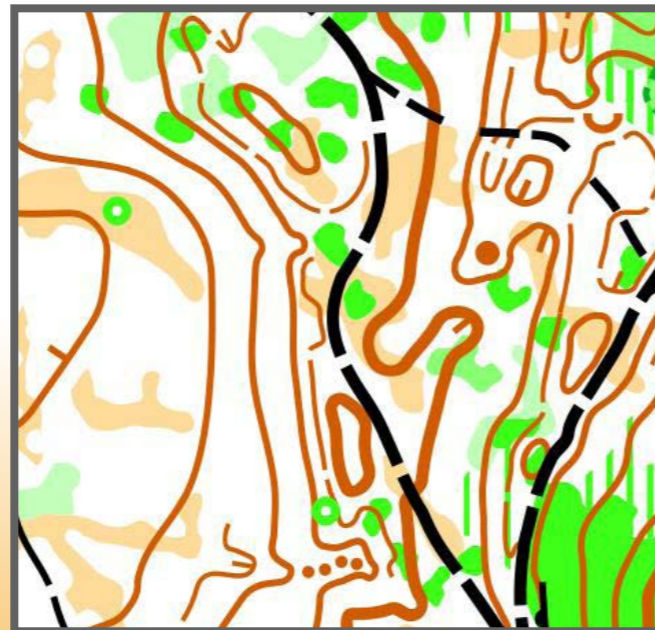
**Scale: 1:10.000 and/or 1:7.500**  
**Relief contours: 5m.**



### 30. LONG DISTANCE FINAL

Long distance final will take place, probably, on the best forest map in the area. It combines beech and fir areas with very clean undergrowth, with many open and easily passable spaces. Parts with a large presence of large rocks, and others with few elements, where the compass will become more important for navigation. And in the post-race, the arena will also be the place where the end point will be put at the WMOC in Girona.

**Scale: 1:10.000 and/or 1:7.500**  
**Relief contours: 5m.**

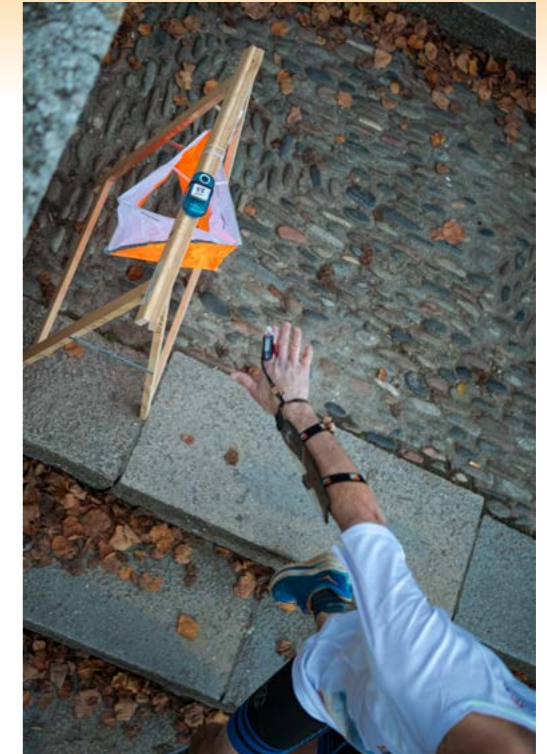


### 31. PUNCHING SYSTEM

The punching system will be Sportident, with SIAC. Non SIAC is allowed with manual punching.

A renting option will be available (not SIAC type) via IOF eventor with a price of 20€ for the whole competition.

Additionally the organisation will offer SIAC rental with a cost of 8€/day or 30€/week. A deposit will be required for ensuring the return of the device.

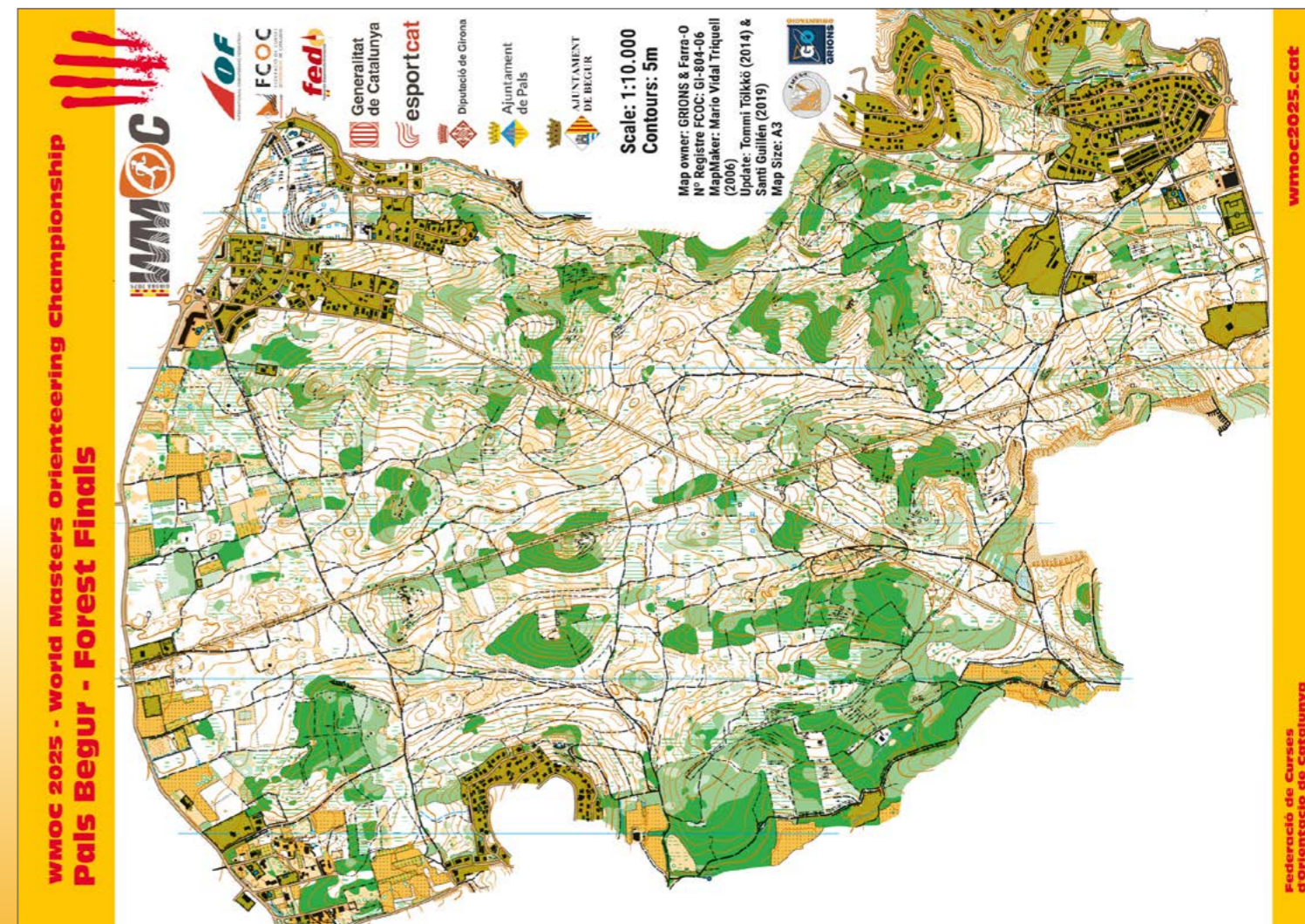


### 32. EMBARGOED AREAS

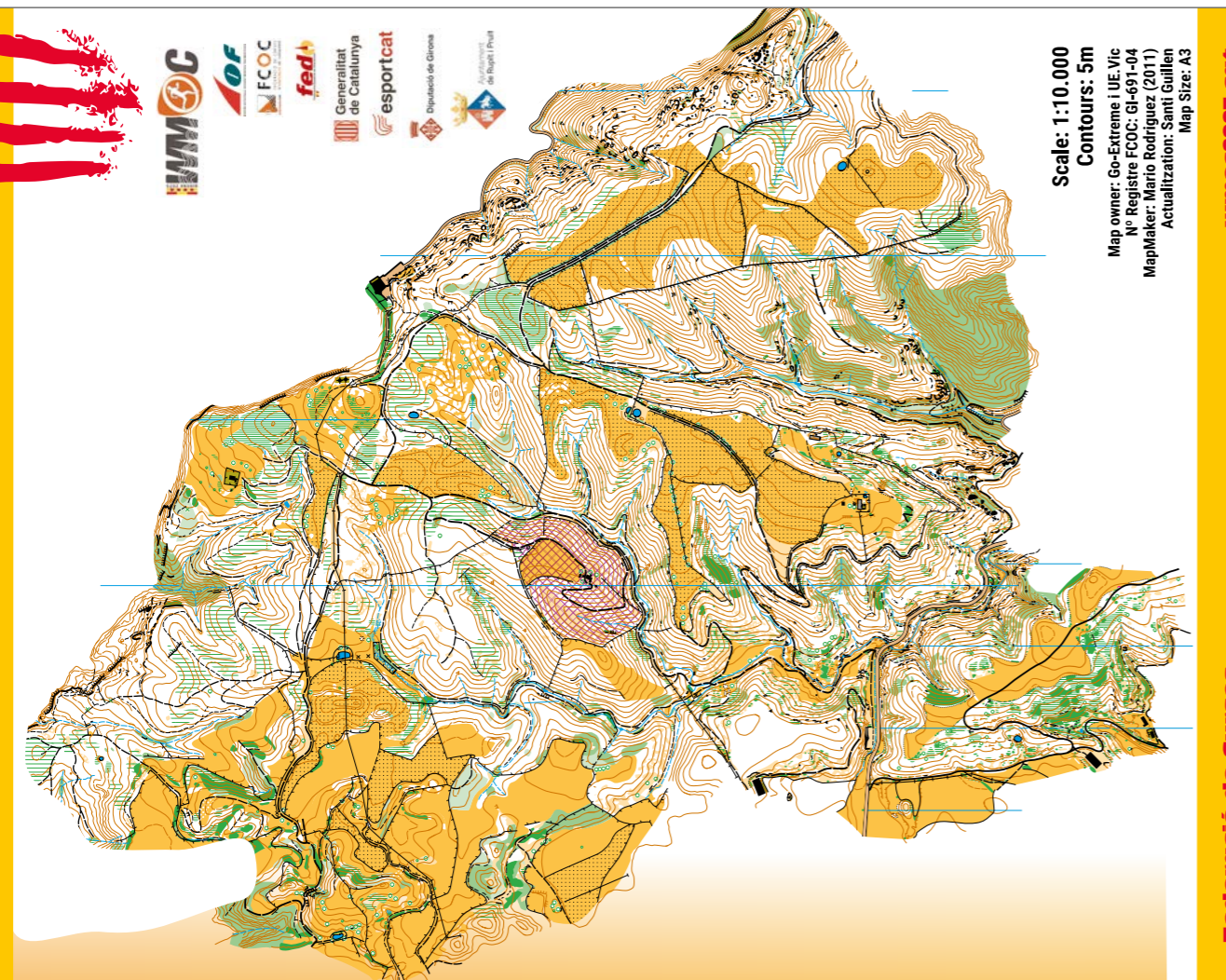
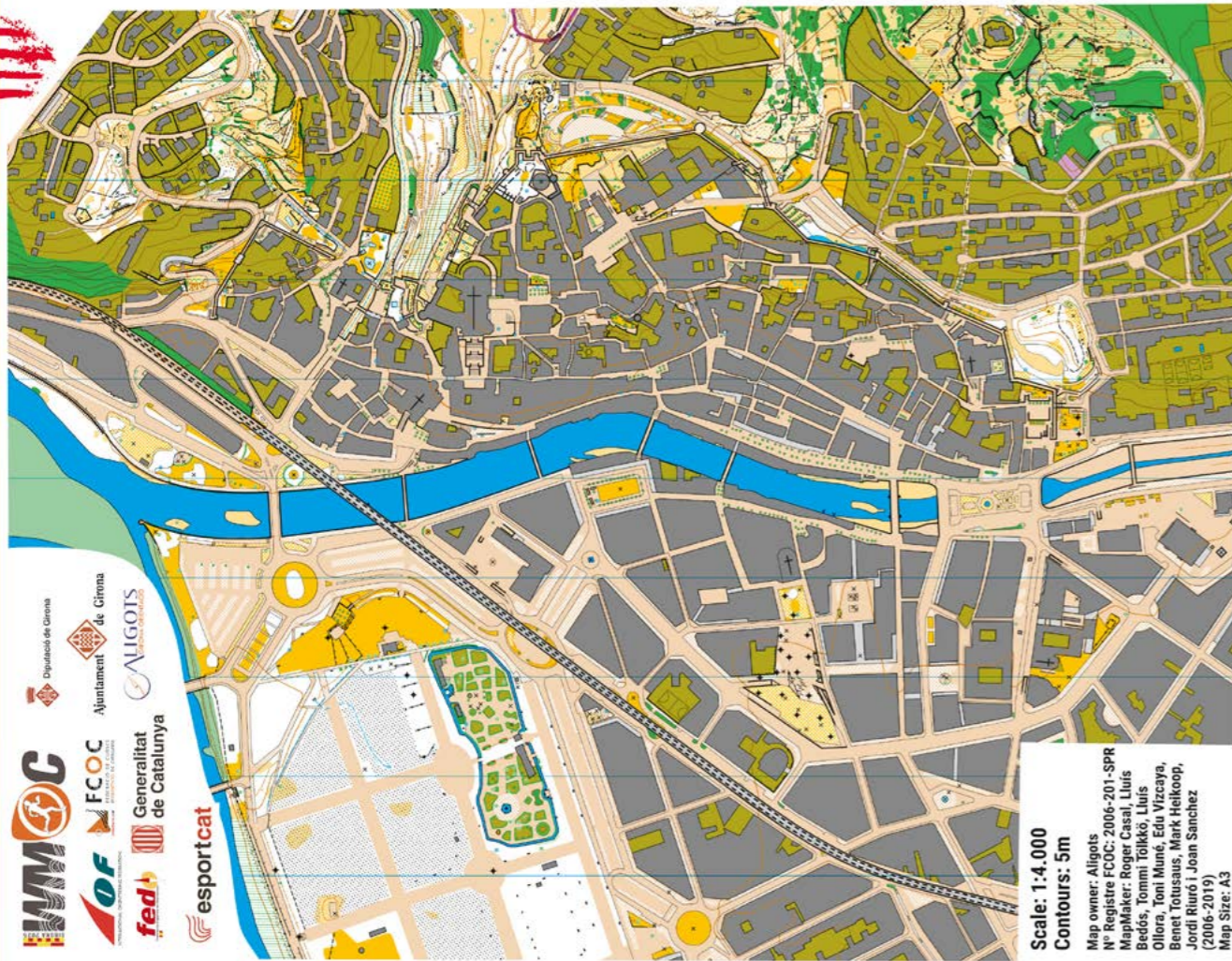
The linked document with the embargoed areas can be found here:

<https://www.google.com/maps/d/u/2/viewer?mid=1uZl5NBxCXTYz4KLlATloYdcY4BWCbWU&ll=41.970268103816586%2C2.812828849999991&z=10>

### 33. OLD MAPS







### 34. ANTI-DOPING

Will be regulated by the IOF anti-doping rules.  
<https://orienteering.sport/iof/anti-doping/>

### 35. RECOMMENDED CLOTHING

Spiked shoes are forbidden for all urban races. For the urban races light clothing, shorts, sleeveless t-shirts and a cap for sun protection are recommended due to the high average temperatures in Girona during August. For the forest races, long pants, orienteering socks and short-sleeve t-shirts are recommended.

### 36. ENTRIES, CHANGES AND CANCELLATION POLICIES

Entries will be via IOF Eventor platform. The entry will be considered approved after payment via credit card or bank transfer. It will be at that moment that the runner will appear in the participants list.

A partial registration for forest races or sprint races will also be possible.

| DEADLINES        | SPRINT | FOREST | FOREST +SPRINT |
|------------------|--------|--------|----------------|
| 7/8/24 - 31/1/25 | 120 €  | 130 €  | 160 €          |
| 1/2/25 - 30/4/25 | 140€   | 150€   | 180€           |
| 1/5/25 - 30/6/25 | 170 €  | 180 €  | 220 €          |

From 1/7/25, registrations will be accepted, with an extra cost of 30€, as long as there are places available.

### CHANGES

Changes made before 30/06/2025 will not have any cost. Changes made from that day will have a cost of 10€

### CANCELLATION POLICIES

#### UNTIL 30/4/25

A 70% refund of the registration fee will be made. A small commission will be charged for bank costs.

#### UNTIL 30/6/25

A 50% refund of the registration fee will be made. A small commission will be charged for bank costs.

#### FROM 1/7/25

No refund will be possible.

### 37. CHANGES IN THE PROGRAM OR CANCELLATIONS / HIGH TEMPERATURE SITUATION PLAN B

WMOC 25 organisers reserve the right to cancel or modify locations and/or competition timetables according to the following:

#### TIMETABLE OR/AND LOCATIONS CHANGES:

Terrains located 100 kilometres from Girona are reserved as a B plan in the event that access to natural regions like the one for the forest races is closed or restricted due to fire risk or other meteorologically induced problems.

In case of high-temperatures, urban races will be moved to the early morning to avoid the hottest part of the day.

#### CANCELLATION:

- Force majeure
- Lack of safety guarantee for both athletes and organisers
- Catalan, Spanish or other governing body imposition of restrictions due to outbreaks, infectious diseases or environmental restrictions.

In event cancellation cases by the organisation, fees will be refunded, except 30€.

### 38. INSURANCE

Catalan legislation obliges all participants of any sporting event to have sports accident insurance. For this motive, the organisation has decided to include this insurance in the registration fee.

With the competition registration, all athletes will have sports accident insurance that will cover medical and surgical attendance, pharmaceutical attendance within the hospital system, hospital, prosthesis or osteosynthesis material costs as well as rehabilitation derived costs, among others.

Detailed coverage can be found on the event website.

### 39. CHILDCARE SERVICE

A childcare service will be available during the competition days.



**WELCOME!**



**GIRONA 2025**

**WORLD MASTERS  
ORIENTEERING CHAMPIONSHIPS**

**8th - 15th AUGUST**

